



# Hungry to Help

## Here is a list of the most needed food items.

Instant Rice & Noodles  
Dried & Canned Beans  
Crackers, Pretzels & Rice Cakes  
Canned Fruit & Vegetables  
Canned Meats & Fish  
Cheez Whiz & Spreadables  
Jello Pudding & Fruit Cups  
Pickles  
Pasta & Pasta Sauces  
Juice Boxes  
Apple Sauce

Soups, Stews & Chillies  
Kraft Dinner Cups  
Kraft Dinner  
Kosher Foods  
Peanut Butter  
Hot & Cold Cereals  
Granola Bars  
Nut-Free  
School Safe Snacks  
Jellies & Jams  
Instant Oatmeal

The Food Bank of York  
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